



Coping with Bipolar Disorder

Bipolar disorder can sometimes be difficult for us to understand. It can also affect our relationships with ourselves, loved ones, family and colleagues.
You are not alone.

Together we will share our own journey living with bipolar, educate ourselves and provide support through our own lived experience.

Hope, Growth, Recovery, and Wellness is Possible!

Fridays
1–2 pm

Safe Haven
203 Bridge Street
Arroyo Grande
(805) 489-9659

To arrange a tour and meet everyone, please call us at (805) 489–9659



WELLNESS • RECOVERY • RESILIENCE